

Appl. No. 09/598,110  
Amdt. dated November 1, 2006  
Reply to Office action of 08/02/06

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (currently amended) A sport specific training and conditioning device for a sport using a handle implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends and having a middle portion disposed therebetween, the middle portion having a non-interrupted and uniform surface, and the device consisting essentially of an undeformable weight ~~positioned at~~ that is internally fastened to the second end of the handle while the first end of the handle remains weight free, the center of mass of the device being positioned within the undeformable weight and being less than about 13 inches from the first end of the handle, and wherein the device weighs more than the hand held implement used in the sport such that the positioning of the

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